

Fry Family Farm CSA Newsletter

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This Week's Box:

- Salad mix
- Green Beans
- Leeks
- Tomatoes
- Lemon cucumbers
- Bell Peppers
- Anaheim Peppers
- Globe Eggplant
- Watermelon
- Summer squash
- FLOWERS: Sunflowers, or Zinnias with Celosia.

Calling All CSA Party People !!!

In years past we have held several gatherings and meet and greets for our CSA members, all to differing degrees of attentitude. We would love to have us all together again during harvest season this year, but know that we, as well as y'all, are busy folks. While we have some ideas stewing around our little brains, we would like to hear from you, after all you are the important part of the PARTY. We would like to have a pot-luck CSA dinner at the farm, maybe on a Sunday evening in September. Depending on the response we get. If you are interested, please send an email to lauriehultquist@gmail.com, in the next week or so, and we will go from there. THANKS!

The Rogue Valley Growers and Crafters Market
Presents:



The Tomato Taste Off

Is your home grown tomato

- The ugliest?
- The biggest?
- The tastiest?

Bring your entry to the Ashland or Medford market to be judged by a panel of tomato "experts" for a chance to win Market Bucks!

Register at the info booth by 11 am- event begins at 11:30.

*Tuesday September 11 in Ashland
Thursday September 13 in Medford*

Got no Tomatoes?

That's ok, come to the taste off and vote for your favorite heirloom, cherry, paste and hybrid from market farmers! Learn about tomato varieties and cooking ideas!

NEED MORE INFO?

CALL MARY ELLEN 541-261-5045

Tips on Tomato STORAGE

If your tomatoes smell fragrant and yield slightly when squeezed, they are ready to use. If not, store them for a few days at room temp. until they are ripe. Unless you have some very ripe tomatoes to near spoiling, avoid refrigerating them; cold temps diminish their flavor and texture.

LEEKs

Leeks, which look like large, flat leaved scallions, can often be intimidating. What can be done with them, you ask? Well, there are just so many ways to utilize the lovely leek. With its soft buttery texture and flavor, it can be used in any recipe calling for an onion. It is excellent in risotto, soups, stir fry's, salads, pastas...and the list goes on!

What parts of the leek can I use, you ask? ALL OF IT! With exception to the very bottom part (where the roots were cut from), the leek can be used in its entirety. The white and light green parts of the stalk are the most versatile, use them as your onion substitute. The stalk part can even be cooked whole, or halved on the grill-YUM. While the darker green top part can be used in a vegetable stock-you really should try this, it adds very nice, soft oniony flavor to soups. DEE-LISH.

As far as storing the leek goes, they have been known to keep in the refrigerator for up to 3 weeks! Ah-mazing. Just wrap the unused and unwashed (Excess moisture will spoil it faster) portion in plastic wrap or bag and keep in the veggie bin of your fridge.

LEEK LORE

The leek's culinary history dates to ancient Egypt, where drawings of the vegetable adorned pyramid tombs. The ancient Romans also valued leeks, considering them superior to onions and garlic, which were regarded as food for the masses.

Later, in the 7th century, legend has it that Welsh warriors wore leeks in their caps to distinguish them from the enemy in their victorious struggle against the Saxons. Thereafter the leek became the symbol of Wales.

Leek with Mushroom Sauce with Thyme over Pasta

(Angelic Organics Kitchen) serves 2-4.

Mushrooms and Leeks work very well together. Although this is superb with wild mushrooms like chanterelles and morels, any more common kind, such as crimini or portabella will do.

1/2 pound mushrooms
1/2 pound fresh linguini or angel hair pasta
2 T. unsalted butter
2/3 cup chopped Leeks
1/2 t. salt
1/8 t. black pepper
3 cloves garlic, minced or pressed
1/3 cup dry white wine
2 t. chopped fresh thyme
freshly grated Parmesan cheese

Cook the pasta according to the package directions. Drain well. Meanwhile, melt the butter in large pan over medium heat. Add leeks, salt, and pepper; sauté for 5 mins. Stir in garlic. Cover; cook until leeks are tender, about 5 more mins. Add the mushrooms and wine; gently simmer, uncovered, for 10 mins. Add pasta and thyme; toss well. Top with grated Parmesan.

Nutritional Content of Leeks:

1 cup of chopped leek will provide you:
54 Calories
1.33g Protein
12.6g Carbohydrates
0.27g Fat
1.6g Fiber
Good source of Iron (1.9mg), Vitamin C (10.7mg), and Folate (57mcg).

By the way, foods listed as a "good" source of a particular nutrient provide between 10 and 20 % of the Recommended Daily Value.